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Interracial Relationships: Stressors Among Races

Samuel Anderson
St. Catherine University

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Interracial Relationships: Stressors Among Races

by

Samuel Anderson, BA

MSW Clinical Research Paper

Presented to the Faculty of the
School of Social Work
St. Catherine University and the University of St. Thomas
St. Paul, Minnesota
In Partial fulfillment of the Requirements for the Degree of

Master of Social Work

Committee Members
Abel Knochel, Ph.D., MSW, LGSW (Chair)
George Baboila, MSW, LICSW
Perish Caldwell, MA

The Clinical Research Project is a graduation requirement for MSW students at St. Catherine University / University of St. Thomas School of Social Work in St. Paul, Minnesota and is conducted within a nine-month time frame to demonstrate facility with basic social research methods. Students must independently conceptualize a research problem, formulate a research design that is approved by a research committee and the university Institutional Review Board, implement the project, and publicly present the findings of the study. This project is neither a Master's thesis nor a dissertation.

Abstract

This study explored the similarities and differences in stressors that individuals in interracial unions come across, based on the racial makeup of the couple. This study investigated the following research question: What are the fundamental stressors that impact a heterosexual non-White individual that marries a White partner? How, if at all, do these stressors vary by the race of the non-White individual? Twenty videos posted on YouTube under the search term “interracial marriage stress” were found using quota sampling. Ten of the videos had a White male and a non-White female and ten of the videos had a White female and a non-White male. The study used content analysis and found that many individuals in interracial marriage dealt with stress from families’ views on interracial marriage and their geographic location. Historic events (e.g. legacy of slavery and lynchings) affected some of the couples within this data set. Time was a theme; it played a role in healing wounds and participants learned over time ways to deal with the added stress that comes from interracial relationships. This study suggests that more research needs to be conducted on interracial relationships and the different variations of interracial relationships. Educating those that work with interracial couples or their children is needed to address this issue in a more systemic manner.

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Interracial marriage has become increasingly common in America since the legalization in the landmark *Loving v. Virginia Supreme Court* decision (388 U.S. 1, 1967). The Pew Research Center (2008) found that a record 14.5% of all new marriages in the United States in 2008 were between spouses of a different race or ethnicity from one another. This topic has been the subject of a lot of research, primarily on African American-White interracial relationships. Researchers state that this is because African American and European American unions represent what many would identify as the opposites along the race continuum (Foeman & Nance, 1999). Little research has been conducted on non-white interracial relationships.

Furthermore, little research has been conducted on any type of marriage using social media as a source of data. For instance, very little research concerning any type of relationship has been conducted using YouTube or Facebook.

Moreover, there is little research focusing on the stressors that individuals in interracial relationships deal with on a daily basis. The majority of the research that has been conducted on marital stressors analyze stressors that exist within each racial group. Little research has been conducted explaining the effect of racial discrimination on individuals who choose to marry outside of their race and the impact of the discrimination on their interracial marriage. Each configuration of race and gender within a relationship creates a different set of stressors. For example, a White male and an African American female will have differing stressors than an African American male and a White female. The stressors will also differ between a White male and African American female versus a White male and an

Asian female. This is based on cultural difference, level of acceptance of interracial relationships within the racial groups, and acceptance levels within individual families.

Compared to same race unions, interracial unions are typically shorter in duration (Wang et al., 2006). Interracial relationships have significantly lower odds than same race relationships in lasting three months or more (Lichter & Qian, 2004). These relationships are also less likely to result in cohabitation or marriage (Lichter & Qian, 2004). Currently a mere 10% of all US cohabitations and 6% of all US marriages are interracial (Lichter & Qian, 2004).

Many people who are in interracial relationships deal with discriminatory behavior; thus, a belief has developed that individuals are expected to be thick-skinned about their interracial relationship (Rose and Firmin, 2013). A qualitative study of interracial dating among 20 college students found that approximately half of interviewees reported experiencing negative responses or opposition to their interracial dating relationships from extended family members (Rose & Firmin, 2013). This means that many interracial couples are met with disapproval from those that do not understand or approve of their relationship.

Foeman and Nance state that interracial couples learn to insulate themselves when possible from people and situations that are potentially harmful (2013). This may lead many youth that are in interracial relationships to seek support through social media. Boyd (2007) states that social media websites like Facebook and MySpace are unmediated public forums for youth to interact with their peers. For this reason, youth are more likely to post their feelings and frustrations on the

Internet (Boyd, 2007). Social media websites have become public forums where youth are comfortable sharing expressing themselves. Roberts (2000) found that American youth devote more time to all media than to any other waking activity. He found that youth spend as much as one-third of each day using different types of media outlets, including social media (2000). For this reason, this study will collect the data that individuals are posting on social media websites, specifically, YouTube.

The number of interracial couples in the United States is growing steadily (The Pew Research Center 2008). Many clinicians currently work with clients that are in interracial unions or will do so in the future. These clinicians need to be aware of the stressors that people in interracial relationships are currently experiencing because these stressors can contribute to greater hardships and discord within the relationships.

Literature Review

Interracial marriage is a concept that is not new to the United States; there is an abundance of research currently available about the topic. Considerable research has been conducted on African American and White couples. Foeman and Nance (1999) found evidence of Whites and Africans intermixing before African Americans came to the United States as slaves. Today, America's increasingly diverse population and interracial marriage rates are steadily growing (Telles & Sue, 2009). Growing racial diversity and immigration have created many opportunities for interracial dating, sexual intimacy, and marriage for America's white population (Qian & Lichter, 2011). African American and white intermarriage increased threefold between 1980 and 2008 (Qian & Lichter, 2011).

Furthermore, marriages between U.S-born and foreign-born populations have grown rapidly (Qian & Lichter, 2011). Hidalgo and Bankston (2010) found that communities of African Americans, Latinos, Asians, and American Indians have all experienced increases in interracial marriages with Whites since the 1970s. Fu and Heaton (2008) state that the growth of interracial marriages is an indicator of improving race relations within the country. Moreover, Gullickson (2006) researched marriage trends from 1850 through 2000 and found that the frequency of interracial marriage has been highly responsive to the nature of broader race relationships. As these studies show, marriage and relationships are increasing steadily between the races.

Typical marriage stress

It is important to understand how stress affects all marriages and where this stress is coming from. Buck and Neff (2012) conducted a study in which married participants completed a 14-day daily diary. This diary assessed each individual's daily stress. The study found that the more daily stress each participant experienced, the more likely they were to partake in negative behaviors towards their partner. The couples were also less likely to positively assess their relationship on the days they were dealing with more stress. Additionally, Ledermann, Bodenmann, Rudaz, and Badbury (2010) led a study that interviewed 345 couples. This study found that a person's relationship stress is more strongly related with their own external stress, not their partner's external stress. Ledermann, et al. stated that to deal with this stress, a high level of positive communication is important (2010).

Other issues that are common in many heterosexual marriages are the expectations and norms that are expected from males and females. Roy et al., (2010) analyzed the intimate relational content and advice contained in five top-selling men's magazine. The study found that men were expected to reinforce male masculinity (Roy, 2010). Moreover, research suggests that men are reinforced that masculinity is characterized by hiding their emotions (with the exception of anger), appearing to be tough and in control, not making mistakes, being aggressive, having lots of sex, being financially successful and responsible, and never crying (Kivel, 1999).

Additionally, research suggests that aggressive behaviors can lead to marital dysfunction. For example, Lawrence and Bradbury (2001) conducted a longitudinal study on 56 couples. This study tested the couples on physical aggression and other predictors of marital adjustment. The study surveyed the same couples at 6-month intervals for the next 4 years. Results indicated that marital dysfunction was more common among aggressive couples (70%) than among nonaggressive couples (38%) and among severely aggressive (93%) than among moderately aggressive couples (46%).

Females typically deal with stress surrounding the expectation that they will care for others. Badgett and Folbre (1999) state that women are generally held to higher standards of family responsibility than men. This expectation has carried over even since the majority of women have joined the workforce (Badgett & Folbre, 1999). Thomas, Clarke, and Lavery (2003) state that the stress that females deal with in the domains of work and family can have a cumulative effect that can have

an impact on many other areas of their lives. The authors also found that work stress and stress at home impacted each other and increased overall stress (Thomas, Clarke, & Lavery, 2003).

Another issue that is common in marriage is financial stress. Williamson, Karney and Bradbury (2013) led a study in which they conducted in-home conversations with 414 newlywed couples. The researchers found that financial strain represented the strongest predictor of negative communication (Williamson et al., 2013). Williamson et al (2013) state that the higher the stress level, the more negativity there was within communication. Papp, Cummings, and Goeke-Morey (2009), unlike Williamson et al., found that spouses did not rate money as the most frequent source of marital conflict in the home. However, compared to issues that were not about money, marital conflicts about money were more pervasive, problematic, and recurrent (Papp, Cummings, & Goeke-Morey, 2009). In the end, the financial issues were more likely to remain unresolved after many attempts at problem solving (Papp et al., 2009). Finally, Dew, Britt, and Huston (2012) researched longitudinal data from the National Survey of Families and Households. 4,574 couples completed this survey. Dew et al (2012) found that, while financial well-being was not associated with divorce, financial disagreements were the strongest predictors of divorce. This indicates the importance of good communication when dealing with money and money related issues.

Interracial relationships

There are many differences between intraracial (same race) and interracial relationships. For instance, interracial couples tend to be younger, childless, college

educated, and less likely to get married to someone who has a similar culture (though are a different race) to their own than intraracial couples (Kreider & Marie, 2000). Interracial couples are far more likely to cohabitate than they are to get married (Zhenchao, 2011). Furthermore, interracial couples that do marry have marriages that are 1.4 years shorter on average than intraracial first marriages (Zhenchao, 2011) and are about 50 percent more likely to divorce than same race married couples (Kreider & Marie, 2000).

Herr (2009) conducted a study on 808 couples, including interracially married African American-White couples, African American couples and White couples. Herr (2009) compared these couples on communication, leisure activities, personality issues, and spiritual beliefs. This study found that the interracial couples had as many similarities as same race couples. The results showed that differences in scores were not related to the racial makeup of the couple. After being tested on these variables, it was shown that participants had a similar level of marital satisfaction regardless of the racial makeup of the couple (Herr, 2009).

While much of the research on interracial marriages has been completed using African American and White couples, rates of intermarriage with Whites have been higher among American Indians, Asians, and Latinos than among Blacks (Rosenfeld, 2008). Recent studies of Internet daters reported that White men were more likely to exclude Black women than other women of color as possible dating partners (Feliciano, Robnett, & Komaie, 2009). Research is needed that examines other interracial marriage configurations, including those between people of color,

in order to better understand what stressors those in interracial relationships are dealing with in their everyday lives.

Jones (2001), in a national study using a probability sample, revealed that there are gender gaps in attitudes toward interracial marriage within each of the racial groups. . This means that no one racial group feels the same about interracial marriage. For instance, more African American women are open to the concept of interracial marriage than African American men. Conversely, more African American men interracially marry than African American women (Jones, 2001). Moreover, gender differences within races have a large impact on whether or not an individual supports interracial marriage. For example, an Asian family may more easily accept their son marrying outside of their race than their daughter.

Jones (2001) also found significant differences in gender attitudes about interracial marriage between each of the racial groups. One reason for this difference considers the theory that occupations have been segregated for centuries. When a woman is employed, she is more likely to work with many people of different races, which in turn, weakens ethnic group solidarity (Jones 2001). This may suggest that women employed outside of the house are significantly more tolerant of interracial marriage than are women that work in the home (Jones, 2001).

Variations of interracial marriage

Caucasian and African Americans. Jacobson and Johnson (2006) conducted a study using a year 2000 nationally representative poll from the New York Times to analyze African Americans' approval of interracial marriage. The sample comprised

of 934 African Americans. Eighty-five percent of African Americans said that they approved of interracial marriage. Jacobson and Johnson (2006) found that contact or friendship that African Americans have with Whites appeared to be a critical variable affecting attitudes about interracial marriage. African American men marry outside of their own racial group at a higher frequency than do African American women (Foeman & Nance, 1990). It has also been found that African Americans marry outside of their racial group less than any other non-white group (Foeman & Nance, 1990). This may suggest that many African Americans are willing to allow other African Americans to interracially marry, but few are marrying interracially themselves. The 2010 US census data show that 4.6% of married African American women and 10.8% of married African American men married interracially (2010). This amount was the highest ever recorded (US census data, 2010).

Herman and Campbell (2012) studied Whites' attitudes toward dating, cohabitating, marrying and having children with African Americans and Asian Americans. The study found that 29% of respondents rejected all types of relationships with both groups, while 31% endorsed all types of relationships (Herman & Campbell, 2012). Furthermore, Herman and Campbell (2012) found that White women are likely to approve of interracial relationships for others but not themselves, while White men are more likely to approve of such relationships and be willing to be a part of the relationships themselves. This literature review will begin to look at a few of the different races and how interracial relationships are perceived through the lens of each race.

Caucasian and Indian American. Interracial marriage is low and has stalled for Indian Americans (i.e. Americans that emigrated from India, Asian subcontinent) population (Zhenchao, 2011). Because of the low amount of Indian Americans marrying outside of their own race, there is also very little research on the topic. Inman et al. (2011) found that 18.9% of US born/raised and 4% immigrant born Indian American females married White males whereas 18.5% US born/raised and 5.8% immigrant born Indian American males married White females. Jethwani (2002) conducted a study in which 30 second-generation Indian American women participants responded to a semi-structured interview surrounding four main concepts. These concepts were the role of social institutions in shaping marital choice, stages of the relationship, conflict and cooperation in interracial families, and the significance of race, culture, and gender in interracial marriage (Jethwani, 2002). The results of this study showed that parental concern for the women of this group is a major topic (Jethwani, 2002). This concern is centered on the parent's fears that their daughters may lose their Indian culture and values (Jethwani, 2002).

Furthermore, Jethwani (2002) states that these parents are worried that the children of their daughters will not have the Indian roots that they would like. The participants reported that in most cases, the parents believed that the most important factors of a suitable husband had to do with the husband being Indian and well educated (Jethwani, 2012). This study suggests that Indian American families have strong feelings about assimilation. They are worried that their daughters and grand children will assimilate to the culture of the interracial partner. Contrary to other research that discusses assimilation, this study found that despite

racial, religious, or cultural differences between participants, most women believed that rather than losing their own heritage due to out-marriage, they were learning more about it based on their spouses' questions on the subject (Jethwani, 2002).

The concerns stated by Jethwani specifically have to do with the immediate family and display why many Indian American women are not marrying outside of their race. Inman et al. (2011) found similar results as Jethwani. Inman et al. (2011) conducted a study where they interviewed 10 Indian and White couples. Inman et al. (2011) found that the families of the Indian American wives were adamant about the daughter holding onto her Indian culture. Inman et al. (2011) also found that the participants felt that when the parents originally became aware that their daughters had interest in marrying interracially, that is when the trouble started. One of the interviewee's in the study stated "it was World War 3,4, 5, and 6 in the house." (Inman, et al., 2011, p. 253).

Inman et al. (2011) also discuss the issues that come up in a White and Indian American marriage. Inman et al. (2011) state that the first issue that is most common in these types of relationships is integrating partners' cultures and religions. An example of this is food habits, such as vegetarianism; another example is holidays, and even the wedding. A second challenge to this type of relationship is parenting (Inman et al. (2011). The couples that were interviewed expressed different parenting styles and norms. Finally, the last issue that came up more often in the interviews was conflicts within the family and community interactions (Inman, et al., 2011).

Caucasians and other races. Quian, Blair, and Ruf (2001) state that Asian American interracial marriage rates with Whites depend on which ethnic group the Asian American is from. Quian, Blair, and Ruf (2001) found that Japanese and Filipino Americans are most likely to marry whites, followed by Chinese and Korean Americans. In 1979 Los Angeles, Japanese individuals that married interracially were the highest percent (60.6%), followed by Chinese (41.6%), and finally Korean (27.6%) (Kitano, Yeung, Chai, & Lynn, 1984). Certain locations have much higher rates of interracial marriage and this is based on racial interaction and availability.

Mordkowitz and Ginsburg (1986) found that Asian-American families socialize their children to respect education and the educational process. Qian (1997) used the 1980 and the 1990 U.S. Census data to examine interracial marriage among Whites, African Americans, Hispanics, and Asian Americans. Qian (1997) states that interracial marriage increases with couples' educational attainment. However, there seems to be a tradeoff for race and educational attainment. Qian (1997) states that both men and women within lower status racial groups (non-White individuals) who have high education levels tend to marry spouses from a higher status racial group (White individuals) who have less education. This suggests that non-White individuals in lower status racial groups with higher education are more likely to marry interracially. But, White males and females that marry interracially typically marry people that have a higher educational attainment than their own.

Zhenchao (2011) found that although census data from 1980 to 2008 shows that Whites marrying Asians and American Indians has stalled, Whites marrying U.S.

Latinos has doubled since 1980. Moreover, Bratter and King (2008) studied the 2002 National Survey of Family Growth and found that White / White couples, White female / Black male, and White female / Asian male marriages were more prone to divorce than White males and Latinas (2008).

Wieling (2003) conducted a study where she interviewed six heterosexual couples. In this study, one partner was of Latino/a descent and the other was of White descent. The in-depth interviews found that almost all participants had reported having had a previous romantic relationship with someone from a different racial group before they married (Wieling, 2003). The participants reported having “similar outlooks on life,” and similar expectations of when to have children (Wieling, 2003). The participants stated that a lot of the stress in their relationship came from external factors (Wieling, 2003). For instance, the participants stated that they believed there were additional societal pressures (Wieling, 2003). The participants reported that when problems arose in their relationship, many family and friends were quick to blame it on the cultural differences (Wieling, 2003). All couples reported that they perceived that their family and friends viewed their interracial relationship differently from how their siblings or friends same-race relationships were viewed (Wieling, 2003).

Positive Goals: What Works in an Interracial Marriage?

Singh (2004) states that it is important to actively look for resources that will help the couple cope with the stressors that come along with an interracial marriage. Singh (2004) states that it is important to have a network of friends that support the relationship and that it is beneficial to befriend other interracial

couples. Also, Singh (2004) states that humor seemed to be helpful when managing some of the specific stressors that interracial couples might experience. Jethwani (2002) interviewed thirteen couples in interracial relationships and found that they demonstrated a need to be perceived as not only the same as any other married couples but also as being unique to interracial couples that were of different interracial mixtures. Jethwani states that it is important to consider lack of family support, lack of social support, and challenges of raising biracial children with each type of interracial couple (2002).

Seshadri and Knudson-Martin (2013), who completed a study with a variety of participants from various cultural categories (categories included: Filipino, Mexican, Anglo, Chinese, American, German, Scottish, East Indian, Puerto Rican, African American, Nigerian, Columbian, and Vietnamese), found relational strategies for managing differences. One strategy is creating a “We,” which focuses on finding common ground on many topics that may seem different, finding similar goals, and working together over time and commitment (Seshadri & Knudson-Martin, 2013). Another strategy focuses on framing differences. This is about not making racial differences central, sharing racial differences as an attraction and being flexible and willing to learn about the other partner (Seshadri & Knudson-Martin, 2013).

The next strategy found by Seshadri and Knudson-Martin is emotional maintenance. This strategy focuses on communicating insecurities, making adjustments around culture and finding support as a couple (Seshadri & Knudson-Martin, 2013). Seshadri and Knudson-Martin (2013) state that the latter strategy focuses on dealing with societal and familial contexts. This strategy starts by

communicating the “we” to family members, community and society. It is important for interracial couples to not react to others when frustrated or angry. The author suggests that it is good to speak constructively and attempt to use humor in some difficult situations (Seshadri & Knudson-Martin, 2013).

Finally, Seshadri and Knudson-Martin maintain that it is important to give family members / friends time and space to accept an interracial partner (2013). These strategies suggested by Seshadri and Knudson-Martin are ways that interracial couples can combat some of the stress that accompanies being in an interracial relationship. They are important for all people in interracial marriages to know as well as clinicians that may work with this population.

The information from the literature review shows that people of different racial backgrounds deal with similar and dissimilar types of stressors within interracial relationships. This study aims to find connections and differences of stressors between different racial variations of interracial couples. For this reason, the research question for this study was: What are the fundamental stressors that impact a heterosexual non-White individual who marries a White partner? How, if at all, do these stressors vary by the race of the non-White individual?

Conceptual Framework

A conceptual framework serves as a guide for the research process. The conceptual framework used for this study was the person-in-environment (PIE) perspective. The person-in-environment perspective is a system for describing, classifying, and coding common issues of adult clients served by social workers (Williams, Karls, Wandrei, 1989). Specifically, PIE is a system for identifying and

documenting problems that clients experience in their social functioning in relationships with others (Karls & O'Keefe, 2009). This study uses the person-in-environment lens to look at interracial relationships and the stressors that individuals are dealing with while in their relationships. This allows the research to take into account the environmental components that the participants are reporting. In addition, PIE attempts to define if those stressors are due to their environment. Whether that environment is the family, friends, institutions, or society, it is important to examine stressors at these levels of the environment.

PIE includes four factors: social role problems, environmental problems, mental disorders, and physical disorders (Williams, Karls, and Wandrei, 1989). This study focuses on the first two factors. The first factor, social role problems, can be one of the primary issues people in interracial relationships deal with (Karls & Wandrei, 1989). Individuals in interracial relationships struggle to find their "place" within their own family and their spouse's family. Using this concept, the researcher will attempt to define problems within each relationship created by social role issues.

This study will also focus on environmental problems that arise within the interracial relationships (Karls & Wandrei, 1989). Environmental problems can be a large issue for anyone that is doing something different from the norm. Interracial couples deal with discrimination from institutions and society. Furthermore, interracial expression of love is seen as threatening to the status quo and diversity (Komter, 1989). Interracial relations challenge the norm of individuals marrying within their own race and challenge conceptions that race should be a primary

factor in choosing a marital partner. It is important to learn how this discrimination may be affecting interracial couples and also the impact it is having on each individual's life as well as the effects on the couple as a whole.

PIE theory is important for this study because it considers various aspects of each individual's environment. Analyzing the environment factors will determine what stressors the couple's experience. The PIE perspective not only focuses on the challenges within individuals' environment, but it also takes a strengths based approach to see what individual supports a participant may have already in their lives (Karls & O'Keefe, 2009). Using PIE as the conceptual framework leads to emphasis on the "what works" information that comes from the collected data.

Methods

Research Design

This study explored the stressors that individuals in interracial marriages have dealt with in the past. The sample was made up of videos found on YouTube.com and the data was analyzed using content analysis.

Sample

The sample frame for this study was videos about interracial marriage on YouTube between 12/01/2013 and 01/15/2014 that were returned to a search of 'interracial marriage stress.' The videos were only included if they met the follow criteria: The maximum duration of each video was 20 minutes. Both participants of the relationship were present within the video. The individuals discussed stress / difficulties in their relationship based on (i) the relationship, (ii) family, or (iii) society for at least 20 seconds or made two separate comments about stress within

their video. The couple was interracial, with one individual that identified (or appeared to be if not stated in the video) White and the other individual of any race or biracial. This study required at least one White partner in order to give a baseline from which to compare the non-White partners.

A quota sampling was used. Videos were viewed in the order that they became available under the key phrase 'interracial marriage stress.' The first twenty videos that met the criteria for this study comprised the sample. The study accepted the first 10 videos that had one White female and one non-White male. The study accepted the first 10 videos that had one White male and one non-White female. Once the researcher reached 10 of each of the two couple configurations, the researcher no longer took any more videos of that group.

Human Subjects Protection

The research committee and the St. Catherine University's Institutional Review Board reviewed and approved of this study. Neither informed consent nor voluntary participation were needed due to the Fair Use policy. The individuals posting videos on YouTube accept the fact that their videos are for public display. Prior to uploading videos on YouTube, users must agree to the terms of service, which state, "As a YouTube account holder you may submit Content to the Service, including videos and user comments. You understand that YouTube does not guarantee any confidentiality with respect to any Content you submit." Furthermore, section 107 of the copyright law (title 17, U.S. Code) states that the "fair use" doctrine "contains a list of the various purposes for which the reproduction of a particular work may be considered fair, such as criticism,

comment, new reporting, teaching, scholarship, and research (Copyright.gov, 2012).” This doctrine goes on to say that copyrighted material can be used for non-profit educational purposes (Copyright.gov, 2012; YouTube.com, 2013). Because this information is being used for a non-profit educational purpose, this research falls under the “fair use” doctrine.

Once the research was complete, I messaged all of the participants with a link to the final research project and an explanation of the research that was conducted. I also provided my email address, so that the participant could contact me if needed.

Data Collection

Once the videos were found, I transcribed the sections of the videos that discussed stress within interracial marriage. The videos were not saved. The links for all the videos that were used can be found in Appendix D.

Data Analysis

Gradlyan and Baghdasaryan state that content analysis is typically used for analyzing textual documents, but there is greater potential when using a content analysis to examine verbal communication (2013). Writing can be interpreted in many different ways, while videos are a more concrete procedure that reduces the amount of misinterpretation (Gradlyan & Baghdasaryan, 2013).

Since there were such a large amount of data and themes within the videos to view for this study, I went through each of the transcriptions and coded each transcription based on nine variables. The study implemented the following coding scheme: (i) relationship, (ii) family, (iii) society, (iv) institution, (v) successful tactics / ways of overcoming stressors. I also kept track of demographic information. The

information that was collected was each partner's (vi) race, and whether the individual was (vii) foreign born or not. I also took note of the successful tactics the individuals used to deal with stressors (viii), if available. The videos were then coded based on stressors that are identified (ix).

This information was compiled into a Microsoft Excel Worksheet and coded. When the coding was completed, I reviewed and summarized the similarities and differences of the codes.

Findings

I found many themes throughout the data that was collected. The primary themes are family perspectives, time healing familial wounds, and worry that the couples have about their interracial children. One of the secondary themes is couples believing that geographic location was important to whether or not an interracial couple will live with or without stressors based exclusively on their geographic location. Some of the other secondary themes are looks and stares that couples received when out in public, and the fact that many couple have learned through time to become more tough, learn to ignore others, and develop a "thick skin." The table below includes additional details, including sub-themes that were found in the data.

Table 1
Researcher themes

<p>Primary Themes</p> <ol style="list-style-type: none"> 1. Family Perspectives (17) <ul style="list-style-type: none"> • Family member being upset (9) • Historical references (4) • Worried about what others may think (6) • Other siblings being in biracial relationships (3) • Parents open to relationship, as long as couple is happy and supportive of each other (2) • Communication differences (3) • Religion bringing individuals together (1) 2. Time <ul style="list-style-type: none"> • Healing wounds (11) • Family upset in the initial stages of relationship (9) • Learning to be tough, ignore, and thick skinned (6) 3. Children <ul style="list-style-type: none"> • Worry about issues children may deal with (6) • Both races and cultures important (4) • People trying to categorize their children (3) <p>*The number in parentheses denotes how many of the couples addressed the theme</p>
<p>Secondary Themes</p> <ol style="list-style-type: none"> 1. Geographic location (7) <ul style="list-style-type: none"> • Impacting comfortable living (5) • Stereotypes and stigma (2) 2. Stares and negative comments <ul style="list-style-type: none"> • Worried about what others may think (4) • Couples being annoyed (1) 3. Standing up to others <ul style="list-style-type: none"> • Racist comments (4) • Choosing whether to respond or ignore (3) • Learning to be tough, ignore, and thick skinned (6)

Within the dataset, there were eight couples of the racial makeup White male and African American female born in the U.S. Two couples were comprised of a White male and an African American female that was born in Nigeria. Nine of the couples included a White female and an African American male. One couple

contained a White female and an Indian American male. Below is Table 3, which shows the number of couples of each interracial composition that existed in the study. A more detailed table of the racial makeup of all the couples can be found in Appendix C.

Table 2
Racial composition of couples

Interracial Composition	Number of couples
White male African American female	8
White male and Nigerian female	2
White female and African American male	9
White female and Indian male	1

Family Perspectives

Seventeen of the twenty couples that participated in this study discussed how their families felt about their relationship. Some of the couples had certain family members that disagreed with their relationship, while others did not have this issue. The participants are not fulfilling the expectation of their families (a social role problem), which is causing distress. This theme was not particular to any gender combination within the dataset.

Family displeasure. The following quotes from the data illustrate the theme of family members not approving of interracial marriage: The White female in couple F stated, *“I had one brother in-law that was not at all receptive to the marriage. He was very unhappy about it. With my in-laws, there was a panic and they were quite upset.”* The African American husband within this union shared, *“They were concerned about whether or not we would be exposed to discrimination and ill treatment.”*

Some of the participants only had certain members of the family that showed their displeasure. The African American female in couple T stated,

“My family did not take too kindly to me and (my husband) getting married, in fact, my mom was livid about the situation and she actually stop speaking to me for a while. So she did not come to my wedding. And she did not talk to me for about the first year.”

Some parents were not willing or able to get over the fact that the couple was in an interracial relationship. The White male from couple C shared,

“My mother has not been very accepting of my relationships. You know, it hurts; I don’t even want to talk about it. My relationship with my mother has been up and down since I met my partner. She is scared to cross that line. She is scared to learn what other people might think, even though they may not think anything of it.”

The above examples are only a few of the instances of families disagreeing with individuals within the data set marrying outside of their race. Nine of the twenty couples shared that they had at least one family member that disapproved of their relationship. This theme was present within the African American and White couples. It was an issue with both gender combinations of the African American and White couples.

Historical References.

Some families disapproved of the interracial relationships because of the continued impact of historical events of discrimination. This was most common among African American male participants who were married to White women. The following quotes portray some of the reasons why family members were worried about their African American sons being in interracial marriages: The African American male in couple D stated,

“My dad was a little bit more leery than my mom, just because of the history of Black men that liked White women or lighter skinned women. There has been a lot of history in places like Mississippi and other places like Mississippi.”

Another participant stated that his fears surrounded old mentalities. The African American male from couple K shared,

“I think it was the old time mentality on it. I think he (the female’s father) was afraid that we wouldn’t be able to buy or afford a house or that I would not be able to get a job and take care of the family.”

Finally, another individual showed his fear of being physically harmed. The African American male from couple M reported,

“My mother also knew from things that happen in the past that, she said you can’t be liking that White woman, because they will come down here and burn the house down, burn the business down, and you will get fired from the job. She was scared that I would get in trouble.”

Sibling’s Biracial Relationships

There were varying responses from families to participants that had a sibling that was already in an interracial marriage. African American Females as well as White males expressed these statements. Following are statements from couples that had siblings who were already in interracial relationships: The White male in couple G stated,

“With my family, well my brother broke the mold... he married a girl that had some German in her, still light but... My dad’s orientation was that Dutch boys should marry Dutch girls. After my brother married successfully outside of Dutchness., he did tell me once that I should probably try to find a Dutch girl or a South Korean. I don’t understand why. That was his perspective.”

But siblings being in biracial relationships can also have adverse effects. One of the Nigerian females in the data set stated that her parents were more set on her marrying someone of the same race because her sister had already married a White

male. The African American female originally from Nigeria and White male from Couple G discussed the following,

Male, *"Since her sister married a Caucasian, her parents were even more set on her marrying a Nigerian."* Female, *"I spoke with my sister and she said "(Participant's name), your mom is working on ways to get you deported her. This is serious." My parents were going to do whatever it would take."*

Safety and Stability

One of the couples stated that their parents did not care about who they were with, but did care that they were treated well and that they were happy. The Nigerian female in couple R stated, *"My parents are fine with the relationship, as long as there is no violence or nothing that would upset me. As long as I am happy and safe. And supported emotionally and financially."*

The White male in couple A conveyed, *"I mentioned something to my dad and I was like "well what would you say if I brought a Black girl home. And my Dad said "I don't care if she was green, as long as she makes you happy, that is fine with me."*

Time

In nine of the twenty videos, participants discussed their families being upset in the initial stages of the relationship, but after time many of these parents accepted the interracial relationship. Time was an issue for all genders within the African American and White unions. This is displayed by the following: The White male from couple J stated that they *"hated me right from the beginning."* The participant goes on to state, *"We had small connections and you have to exploit them to get one foot in the door."* The Nigerian Female from couple R stated, *"His mom was a bit off of me at first. But now she kind of has to accept it."* Here this shows that the

participant is under the assumption that his mother has to accept her interracial relationship or else there will be hardship in everyone's relationship.

The African American female from couple T that was previously cited, discussing her mother not coming to her wedding, stated, *"After a while she came around and she loves him now."* The participant was able to laugh about this while discussing the scenario.

Some participants felt like they had to choose between their spouse and a certain family member. An African American male from couple D stated, *"But Patty and I have gotten to a point where it didn't matter whether he was leery or not leery, once he (the participant's father) realized that, there was no problems."*

Another participant, an African American female from couple B, reported,

"With my in laws, there was a panic and they were quite upset. It took some time for us to get to know each other and start communicating. Now we are at a stage where we do get along, but it has been quite hard."

One participant, an African American male from couple L, stated, *"Her parents were reluctant initially. But once we got married and got to meet me and see who I was and grand kids started coming, everything started to play out."*

One White male from couple P stated that his father's views changed as his interracial relationship developed. This is displayed by the following:

"My dad growing up... I always thought he was racist for a long time and he was because that is how he grew up and that is how a lot of people grew up. I think that as people get older they start to learn the error of their ways. And when my dad holds his grandbabies, they are biracial, I think he realizes that he was wrong."

Children

The couples in many of the videos discussed children. Some of the couples spoke of trying to incorporate both parents' cultures into their children. White and African American couples of all gender configurations addressed this as an issue. They stated that this was a concern of theirs. The White male in couple C reported, *"The way we are teaching them is that you are Black and White, you are Black White and just right. And they always smile at that."* Another White male in couple A stated, *"We try to introduce both of our values to our child. We try to show her that she is part me and part her and both parts are important."* This can be considered a social role problem because of the difficulty the parents have in explaining the child being apart of two cultures.

Many couples expressed worry about having children and what their children may have to deal with in society just because they are biracial. For instance, An African American male in couple F stated that his family was worried about his children, *"as a result of being in an interracial marriage."* Another participant in couple G stated, *"I was worried about the kids, if we did have children and how they would be received."* Finally, a third couple, the female from couple M, acknowledged worry for the whole family, stating *"What would... how would people respond to the situation? Would we be treated different, if we had kids... how far would it go?"*

Some couples in the dataset that already have children identified troubles. For instance one participant from couple H reported,

"A friend of one of our sons brought up concerns with our interracial children. I guess he didn't realize that his [son's] mother was White, and

he wanted to know, "Why is your mom White?" And we just said that is how our family is."

Furthermore, Couple P stated,

"Like we get a lot of looks, especially when we have our children with us. That is annoying, I hate when people stare, and I think that it is my biggest pet peeve. I especially don't like when people stare at our kids because our kids are mixed."

Another worry that two of the couples identified was the idea of how their children will be categorized when placed in school or filling out applications (environmental problem, per PIE). Couple P stated, *"They are going to put other, because that is the slot that is put for them until they put a biracial, or mixed, or blended category on applications."* Moreover, couple T said, *"My daughter will say from time to time, and she says sometimes that they want to put her in a category, and she will say, "I don't belong to either one of those, because I am both, and I like that I am both."*

There seems to be a pressure from society that biracial children will have to choose which race they will be a part of.

The male from couple T went on further to express his worry of having biracial children,

"The hardest thing for me anyway, not that it has come to fruition, but when the kids arrived, the fear that possibly, our relationship and bringing them into this world may make life hard for them. Because they are not White and not Black. But I hope that the generation they are coming up with now, are at a better place than the environment that we grew up in and the environment that our parents grew up."

Geographic Location

Seven of the twenty couples discussed how geographic location affected comfortable living and amounts of discrimination (an environmental problem, per

PIE). . All variations (racial and gender) of couples expressed this as a concern.

couple A stated, *“Depends geographically where you are at and how you are seen. Or how you are perceived to be seen.”* Another participant from couple E stated,

“It depends on where you are from, who you are surrounded by and where you grew up. If you are in a place where it is ok... some people on YouTube talk about it not being an issue. But around where we stay... its not like they are chasing us down the street... but you do get stares and you do need that thick skin.”

Couple C stated, *“I think a lot of it has to do with the town, the fact that this is a college town. I think younger people are more accepting with this issue.”* This participant believed that college towns are more accepting of interracial relationships, and then generalized his statement to “younger people.” Moreover, couple S attributed things being easier to the fact that she met her husband in college. She stated, *“We met at college, we lived in the same apartment building and saw each other a lot. It is easier in college, because there are all types of different people and people are more accepting.”*

Some individuals attributed their comfort with other races to growing up in certain geographic locations. For example, one White female from couple H describes her situation as, *“The upbringing I had, we lived in a lot of different places and countries. And I was used to being around a lot of people. The color thing was just not there for me.”*

Stares and Negative Comments

Five of the twenty couples discussed getting many stares when they went out in public (environmental and social role problem through the lens of PIE framework). The White and African American couples were the only ones to

identify this as an issue. One participant from couple A stated, *"We get looks sometimes."* Couple E shared:

Female, "at first, it was uncomfortable for both of us. Like we would get stared down. But now we just laugh about it. Does it bother you? Male, "It used to, especially when I was in the Army, people would say things and I used to get into a lot of fights. I almost got kicked out of the army for it. Now, you just kind of have to laugh that people are so stuck in the past. I just stare back.

One female participant from couple N stated, *"When you date a black guy, people look at you differently, like there is something bad and I don't know why that is. I think it is because they have a stereotype of what a black guy is and they put that perception on us."*

One African American male from couple F shared that he felt African American women were upset with him because of the fact that he married a White woman. He states,

"I don't think I have had anyone approach me face to face and say something about the fact that I am married to (my partner), but it is apparent. Nine out of ten times it comes from African American women. The look of disdain, but we have been together so long, that I really do not pay attention to it."

One of the couples described some of the blatantly disrespectful comments they have received. The White male from couple I stated, *"I got comments like "stick to your own kind," and "you are a nigger lover." And it just proved to me how narrow minded people can be."*

A couple of the White males that were with African American females described the discrimination from African American males. One participant from couple I stated, *"We get a lot of comments from black men, they have a lot of smart comments to say."* The participant went on to say, *"People think that I have money, or*

she is using me in some way. They think that she must be gaining something from being with me."

Another White male and African American female from couple P described their experiences with African American males:

Female, "yeah, but, there are a lot of people that stare at us in disapproving ways. Male, "I think a lot of black guys stare at me." Female, "They do not like (my partner)." Male, "But, I think it is different, if I saw a Black guy walking with a White girl, I would not think anything of it. I wouldn't even glance at them. However, if we pass, it doesn't matter if it is one black guy, or two, or three, especially if there is a group, and especially if they are teenagers. We will definitely get a look. Umm. I am grown up, (My partner) is grown up, we don't really discuss it."

Not only can strangers be harsh, but friends of the participants proved to be disrespectful as well. The White male and a Nigerian female from couple R describe the discrimination they dealt with when they told their friends about their relationship on social media:

Male, "When we first went out and I told my friends. They were like, "what the hell is going on." They didn't expect that and they were pretty much taking the piss, and joking about I, really annoying. When we posted it on Facebook, things got worse." Female, "Yeah, I got abused by one of his friends, saying that we were not right for each other and that he could do better. And that I was completely wrong for him and that I should find someone else. I was very upset, so he had words with him. I was very upset, because it was very rude to say that."

Physical Violence

Couple L that has a White female and an African American male was the only couple to describe their fear and the lengths they would go to not be noticed by others or put themselves in a dangerous situation (i.e. environmental problem). The female stated, *"It is true, when we were dating we would not hold hands and would walk with each other at a distance so others would not notice us together."* The male

stated his fear of being harmed for being in an interracial relationship in the following,

“The funny thing, and it sounds really funny, when I put my family in the car and we travel somewhere. I make sure that the path is a safe path; we don’t go off on any back roads or go to any mom and pop gas stations off the road. We stay on the main highway. And that is due to the fact that you do not know how people around you feel about our circumstances. We do not venture off track. So I mean, we say everything is ok, but we still have those deep-rooted fears. We have them pertaining to our status.”

Couple’s Response to Bias

Many of the couples discussed negative comments and choosing whether or not to respond to these comments. The African American male from couple H stated, *“I think if you just teach them, they will be ok.”* Another participant, the White male from couple A discussed an altercation he had with a White individual. He stated,

“I almost got in a fight one time. This was about 5 years ago; I went to a party at my buddy’s house. When I got there everyone was having a good time and clowning, I went outside to smoke a cigarette and there were a couple of people there. And he wrote on the snow with his finger the ‘N’ word and a bunch of Swastikas. And so it just pissed me off. So I said to him, why did you write that. He said, “oh what” and played dumb. And I was like “all those swear words, you think that’s funny? And he was like, I got friends on the east side and something. And I said, “Sure, you do.” And he blew up; he came right in my face and tried to fight me. I withheld and ended up not getting in a fight with him. “

This specific example shows the participant engaging the person at the party to address the racism and then disengaging when the threat of physical violence appeared.

Another way some of the participants described dealing with discrimination and negative comments was by learning to laugh about the negativity. For example,

the female from couple E shared, *“At first, it was uncomfortable for both of us. Like we would get stared down. But now we just laugh about it.”* Her partner went on to say, *“I almost got kicked out of the Army for it. Now, you just kind of have to laugh that people are so stuck in the past. I just stare back.”*

A last reoccurring theme that arose was people learning to ignore or not care when others make comments or participate in discriminatory behavior. The African American male from couple F stated, *“Nine of out ten times it comes from African American women. The look of disdain. But we have been together for so long, that I really do not pay attention to it.”*

Finally couple E stated,

“It can make it more difficult, because we were putting so much energy into what other people were thinking. Now, we just don’t really care. We are probably, getting the same amount of stares, but now we just don’t really care and we ignore it.”

Discussion

The purpose of this study was to gain insight into the stressors that differing variations of interracial couples are dealing with. Since many of the couples were of the same race variation (African American and White), the researcher was not able to draw any conclusions about differences based on the racial composition of the couple. Much of the information found on White and African American interracial couples was similar; however, there were some notable gender differences. These differences will be discussed in a later section. This section reviews how the study’s findings compared to the literature, followed by implications for practice, policy, and future research.

Disapproval and Thick Skin

Many of the White and African American couples discussed disapproval and negative responses when family and friends found out about their interracial relationship. Nine of the twenty couples in the study stated that they had at least one family member that was upset about the interracial relationship. This was congruent with the work done by Rose and Firmin (2013), which found that half of interviewees reported experiencing negative responses or opposition to their interracial relationships from extended family members.

Many of the couples in the study discussed the need to have a thick skin. couples used examples such as having to look away, ignore, or laugh it off. Six of the twenty couples described being thick skinned and how they need to do this while in public. This is congruent with Foeman and Nance (2013) and Rose and Firmin (2013), who talked about how couples have to be thick-skinned about their interracial relationship and that they learn to insulate themselves from potentially harmful situations.

When considering the negative comments and stares through the lens of the Person-In-Environment modal, this can be categorized as a social role problem as well as an environmental problem. Here, the couples are expected to fulfill their role and date within their race. When they choose not to date/marry within their race, strife arises and this adds to stress. This is also an environmental problem because it is something that the couples are dealing with in their environments. These couples are required to gain this thick skin to combat the social role and environmental problems they continue to face.

Historical References

There has been historic discrimination and oppression of African American males that continues today. This was displayed within the results of this study. Four out of the nine African American men that are married to White women reported their parents being worried about their safety based on historical events. This was something that was not found in the literature review, but something that is important to recognize. None of the White males identified being worried about historical issues when it came to their relationship.

This issue of historical references is a social role problem as well as an environmental problem. African American men have been expected to stay away from White women for generations. Society obviously still holds this expectation for African American men. This creates environmental problems when African American men do choose to date / marry White women.

It is important to consider this because it shows the stressors that are on African American males in their everyday lives. If an African American male cannot make a decision without worrying about being harmed by others, there is a lot work to be done on an individual level as well as a policy level.

It is notable that the White males in the study do not have the same fear. My assumption is that this is the result of the historical power differential between White males and African American males that is still in effect today. The issue of privilege arises and just how privileged White males actually are.

Time

Time is a concept that was used in many different ways throughout the dataset. There seems to be this concept that time heals all wounds. I did not find one piece of literature within my literature review that mentioned time being a significant factor to interracial relationships. Time played a role in assisting couples in dealing with social role problems and environmental problems. Time allowed people in interracial couples to build up that tough skin and the courage to ignore or even challenge someone that is making racist comments or prejudice actions.

Time was also beneficial for the people in the couples' lives. The findings suggest that over time, many families choose their children over their prejudiced beliefs. Families were willing to put their negative beliefs aside, because they decide that that family member they were turning their back on was more important. This was especially present when grandchildren were brought into the scenario. Many couples stated that once they had children, their parents wanted to be involved in their grandchild's life and were willing to get over their negative views about interracial marriage. Not all wounds were healed by time.

Another possibility to this theme of time healing all wounds is that interracial couples are choosing the people they surround themselves with. People may not be changing, but people may be choosing to spend less time with people that they find as problematic, whether this be family or friends. Interracial couples are put in a position where they must choose their significant other and sometimes their children over their family of origin. Some of the participants described family members and friends that they were no longer in contact with and with whom they

were not sure they would ever reconnect because of the status of their relationship. This is another environmental problem that many of the participants expressed as a major stressor in their lives.

It is interesting that there is no research on this concept of time and interracial relationships. It shows that much research needs to be done to address this issue and other issues that affect interracial couples.

Implications for Practice

This section will discuss implications for social work practice, addressing how social workers can affect change in order to better support individuals that are in interracial relationships. Specifically, this section will focus on how social workers can be more knowledgeable of race issues and issues of couples that are in interracial unions.

Social workers need to be cognizant of these issues when working with this population. Understanding that individuals in interracial relationships are dealing with these issues may assist the social worker in attributing certain behaviors to the stressors that come with interracial relationships. Furthermore, it is important for social workers to understand that not all interracial couples are dealing with the same stressors. Some interracial couples may be accepted by their family and friends, while other couples face rejection.

Another issue that social workers need to be aware of is where individuals that are in interracial relationships are dealing with the largest amounts of stress. Many of the couples in the study discussed geographic location and how this affects comfortable living. A few couples stated that living on college campuses was easier

because people were more open to interracial relationships. Others mentioned living in the South or living in rural areas made it more difficult to be in an interracial relationship. This can be powerful information because it can allow social workers to know when these issues may be most likely to arise.

Many of the couples talked about their children and some of the challenges their children deal with. This information can be beneficial to school social workers that work in areas where there is a large abundance of biracial children. Multiple videos discussed that biracial children are expected to choose between "*Black, White, or Other.*" I think that it is important for children to be able to identify themselves as biracial and embrace who they truly are. It is also important to educate other children on different variations of families and to not expect children to choose one race when they are biracial.

Implications for Policy

This section will detail implications for policy that came from the study. It will review the importance of educating on behalf of interracial couples and biracial children. It will also focus on educating social workers that are in areas where racism and prejudice might be more of a rampant issue.

Educating social workers is the first step in policy formation. Social workers can start by mandating that social work students learn about racial bias, history, and external stressors and their impact on interracial couples while in school. Once social workers have this information, they will be able to advocate for their clients that are in interracial unions or have interracial parents. It would also be beneficial

to mandate social work students to learn about these types of relationships and the stressors that this population deals with on a regular basis.

. It may also be beneficial to change the forms that require racial identification, so that individuals can put in their biracial status.

Implications for Research

There are many implications for research when considering this topic. I had a very hard time finding any research that addressed stressors for any variation of interracial marriage. Considering that individuals in interracial marriage are a growing population, it is important that this research is done so social workers and other human service fields will know that there is a difference in stressors based on race variation, familial acceptance, and geographic area.

I found it interesting that almost all of the research that has been done on interracial relationship has been done on African American and White couples. It is important that more research is conducted that examines other variations of races, in particular interracial marriage between two non-White individuals. I did not find one piece of research on the topic of a non-White interracial relationship, where both of the partners in the relationship were non-White.

Doing content analysis using YouTube is a newly introduced research method. This style of research should open up a wide range of new topics in just about all fields. This will allow researchers to gather large datasets and conduct content analyses with relative ease. I believe that this type of content analysis will also be able to be done on other types of social media. As the usage and popularity of social media grows, so will the amount of available data for researchers. It will be

interesting to see how researchers are gathering data 20 years from now as social media continues to boom.

If this study was replicated, I would suggest that the researcher collect more data by collecting more videos. I would also suggest putting a quota on each race variation. I did not expect to find so many African American and White couples. I did not find one video that fit all of the standards for this study that contained an Asian and White couple or a Latino and White couple.

Strengths and Limitations

There were multiple strengths to this study. This research was considered nonreactive because the research did not require direct contact with the participants. Another strength was that the dataset was through YouTube. Research based on data compiled from social media is very new and few others have delved into this source of available data. In addition, replication of the study will be easier because the data is available to the public. Finally, this research attempted to study stressors that are present for interracial couples, but that have rarely been examined through research. This is a unique study that is important for social work because soon social workers will see more and more people in interracial relationships and they will need to know how to respond effectively. The findings may also be able to help individuals in interracial relationships answer their own questions about their relationships.

A limitation to this study was that I could not control the information that was received. If I wanted to ask more questions or expand on a certain issue, it was not possible. Moreover, each video did not have all of the factors that the study is

looking for. Some videos were shorter than others and some videos covered a lot more of the scope of this study and were used more often throughout the Findings section.

Another limitation that I had very little control over has to do with who is most likely to post on YouTube. Certain people are more likely to post on YouTube and the people that are posting on YouTube about their interracial relationship may have ulterior motives to posting a video that may have impacted the information they chose to share. For example, in one of the couples that posted, the female of that couple was a famous YouTube blogger. She had videos about various aspects of her life and spoke to the camera as if it was her audience. I would assume that she was trying to think of topics that would get her more views.

I used a nonprobability sampling procedure, so the results cannot be generalized. Another limitation has to do with the lack of variation within the racial makeup of the dataset. This was discouraging because the main driving force for this research was to find the differences in stressors based on race variation. Time became an issue and the fact that I could only use 20 videos within the dataset was a limitation. Finally, the last limitation to this study has to do with my own biases. I am currently in an interracial relationship and I had to be careful to not attribute any of my own experiences too strongly to any members of the couples within the dataset.

Conclusion

Interracial marriage is at an all time high and will continue to keep on growing (US census data, 2010). This study found that almost all interracial couples

found it important to address the fact that they get attention for their interracial status. Nearly half of the dataset reported getting negative feedback from family, friends and strangers. There are many different ways for these individuals to deal with these remarks and opinions. Some of the options are passive, while others are more aggressive.

This study suggests that African American and White couples may have different stressors based on the makeup (White male/black female or Black male/White female) of the couple. This study also suggests that these couples' geographic location can have a large affect on what type of discrimination that couple might be subject to. Finally, this study finds evidence that many Americans do still have stereotypes and opinions of other races, based on historic and current realities that impact multiracial couples and their children. Social workers who have the opportunity to work with individuals who are in interracial relationships can provide essential information, advice, and validation for the stressors that these couples deal with in their lives. It is the job of social workers, educators, and policy makers to address the environmental issues at work and right those wrongs.

Findings of the study suggest that over time, there is a higher chance that things will improve for interracial couples. A large number of participants within this study described how their parents "eventually" came around when they realized how much the couple cared for each other. This idea that time heals all wounds is something that our entire society can hold onto and hope for a better future when it comes to discrimination and racism.

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Appendix A

Coding

Family perspective / bringing up how the family would feel about the IR relationship – 17
 Time healing issues-11
 Family (family member) upset in beginning-9
 Worry about children (things they may have to deal with) – 6
 Geographic location important – 7
 Looks / stares – 5
 Learning to be tough / ignore / thick skin - 6
 Standing up to others – 4
 Both races / cultures important when considering children – 4
 Historical references or worry based on history – 4
 Racist comments - 4
 Worried about what others may think – 4
 Categorizing children- 3
 Other siblings being in biracial relationships – 3
 Parents open to relationship, as long as couple is happy and supportive - 2
 Stereotypes and stigma – 2
 Communication differences - 3
 Couple annoyed – 1
 Religion – 1
 Public identifying of interracial relationship – 1
 Harm- 2
 Parents worried about how they will tell public – 1

Male participants

White male African American Female – 8
 White male and Nigerian Female – 2

Female participants

White Female and African American Male – 9
 White Female and Indian male – 1

Appendix B

Researcher Themes

Primary Themes	Secondary Themes
<p>4. Family Perspectives (17)</p> <ul style="list-style-type: none"> • Family member being upset (9) • Historical references (4) • Worried about what others may think (6) • Other siblings being in biracial relationships (3) • Parents open to relationship, as long as couple is happy and supportive of each other (2) • Communication differences (3) • Religion bringing individuals together (1) <p>5. Time</p> <ul style="list-style-type: none"> • Healing wounds (11) • Family upset in the initial stages of relationship (9) • Learning to be tough, ignore, and thick skinned (6) <p>6. Children</p> <ul style="list-style-type: none"> • Worry about issues children may deal with (6) • Both races and cultures important (4) • People trying to categorize their children (3) 	<p>4. Geographic location (7)</p> <ul style="list-style-type: none"> • Impacting comfortable living (5) • Stereotypes and stigma (2) <p>5. Stares and negative comments</p> <ul style="list-style-type: none"> • Worried about what others may think (4) • Couples being annoyed (1) <p>6. Standing up to others</p> <ul style="list-style-type: none"> • Racist comments (4) • Choosing whether to respond or ignore (3) • Learning to be tough, ignore, and thick skinned (6)

Final Themes

1. Family Perspectives
2. Time
3. Children
4. Geographic location
5. Stares and negative comments
6. Standing up to others

Appendix C

Racial makeup of couples

Couple identifier	Male race	Female race
Couple A	White	African American
Couple B	White	African American
Couple C	White	African American
Couple D	African American	White
Couple E	White	African American
Couple F	African American	White
Couple G	White	African American (Nigerian)
Couple H	African American	White
Couple I	White	African American
Couple J	White	African American
Couple K	African American	White
Couple L	African American	White
Couple M	African American	White
Couple N	African American	White
Couple O	African American	White
Couple P	White	African American
Couple Q	African American	White
Couple R	White	African American (Nigerian)
Couple S	Indian American	White
Couple T	White	African American

Appendix D

Web addresses of videos

Couple A	http://www.youtube.com/watch?v=41Dzg5uhq-U
Couple B	http://www.youtube.com/watch?v=A2KsjWRF7Z4
Couple C	http://www.youtube.com/watch?v=uKkpEcrwV94
Couple D	http://www.youtube.com/watch?v=uKkpEcrwV94
Couple E	http://www.youtube.com/watch?v=NXrInncWvhM
Couple F	http://www.youtube.com/watch?v=_94uOrt6Rc8
Couple G	http://www.youtube.com/watch?v=qiZ2qqGPxxM
Couple H	http://www.youtube.com/watch?v=h6ytaBgduV8
Couple I	http://www.youtube.com/watch?v=yKrsyh3jQA
Couple J	http://www.youtube.com/watch?v=SU2ahbn1G_8
Couple K	http://www.youtube.com/watch?v=wwKVI mixl9g
Couple L	http://www.youtube.com/watch?v=jgLRUN1JocQ
Couple M	http://www.youtube.com/watch?v=TWdqXCTZfuM
Couple N	http://www.youtube.com/watch?v=J_o7XluLK28
Couple O	http://www.youtube.com/watch?v=FH-8IKcLXN4
Couple P	http://www.youtube.com/watch?v=Z19TNH5F_jl
Couple Q	http://www.youtube.com/watch?v=_OV0RpaPflY
Couple R	http://www.youtube.com/watch?v=04xCc44Vd2c
Couple S	http://www.youtube.com/watch?v=IYMnvhklI9w
Couple T	http://www.youtube.com/watch?v=EJ92kYbXb8w